

Spinach Squares

Egg substitute, low-fat cheese, milk and sour cream combined with spinach and flour create this delicious, melt-in-your-mouth appetizer.



Eat them cold - or warm them in the microwave. Serve these mouth-watering spinach squares as a snack, side dish, light lunch or appetizer.

Ingredients:

Canola oil cooking spray
3 eggs
1/2 cup low-fat milk (skim or 1 percent)
1 cup unbleached or all-purpose flour (whole-wheat can be substituted for half of the flour)
1 tsp salt
1 tsp baking powder
2 T trans fat-free spread, melted
1/2 cup fat-free or light sour cream
4 oz. reduced-fat Monterey Jack cheese, cut into 1/2-inch cubes
2 boxes (10 oz. each) frozen chopped spinach, thawed and drained

Nutrition Facts

Yield 9 servings

Amount Per Serving

Calories 184

Fat 6 g

Saturated fat 4.5 g

Protein 13.5 g

Carbs 17 g

Fiber 2 g

Sodium 525 mg

Cholesterol 45 mg

Preparation:

Preheat oven to 325 degrees F. Coat a 9 x 9-inch baking dish with canola cooking spray. Beat eggs, milk, flour, salt, baking powder, melted spread and sour cream in mixing bowl on medium-low speed until smooth batter has formed.

Gently squeeze excess water from thawed spinach with your hands. Stir cheese cubes and spinach into the batter. Pour into prepared pan, spread evenly with spatula and bake about 35 minutes. Test center to make sure it isn't runny. Let sit about 10 minutes before serving.

Cut the spinach squares after they come out of the oven, then keep them refrigerated. Eat cold or heat in microwave.

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